

Skills Worksheet

Directed Reading

Lesson: Being Healthy and Well

1. To be healthy, you need to balance which parts of your health?

PHYSICAL HEALTH

- _____ 2. Hygiene is
- a. the practice of keeping clean.
 - b. a way to spread disease.
 - c. part of social health.
 - d. part of emotional health.

3. List three habits you should practice to have good physical health.

EMOTIONAL HEALTH

- _____ 4. Emotional health is the
- a. part of health that deals with the body.
 - b. way you recognize and deal with your feelings.
 - c. way you cope with the demands of daily life.
 - d. way you interact with other people.

5. List three abilities that an emotionally healthy person has.

MENTAL HEALTH

- _____ 6. Having good mental health means that you can
- a. skip sleep without hurting your mental alertness.
 - b. easily adjust to change.
 - c. avoid coping with the demands of daily life.
 - d. All of the above

Directed Reading *continued*

7. List three things you can do if you have good mental health.

SOCIAL HEALTH

- _____ 8. Good social skills help you
- a. accept your strengths and weaknesses.
 - b. deal with sadness and get help for depression.
 - c. get along better with people.
 - d. get 8 hours of sleep every night.

9. List three ways you can build good social skills.

WELLNESS

10. What is wellness?

Lesson: Influences on Your Health

HEREDITY AND INHERITED TRAITS

11. The term _____ refers to the passing down of traits from parents to their biological child.

12. List four physical traits that can be inherited.

YOUR ENVIRONMENT

13. What does your environment include?

Directed Reading *continued*

14. List four factors that may trigger an asthma attack.

15. A condition called _____ causes depression in some people if they do not get enough sunlight.

Lesson: Making Good Health Choices

LIVING HEALTHILY

16. A(n) _____ is a set of behaviors that you live by.

17. Your _____ is a way of acting, thinking, or feeling that causes you to make one choice over another.

TAKING CONTROL OF YOUR HEALTH

- _____ 18. To take charge of your health, you must first
- a. decide which part of your health you want to work on.
 - b. focus on your physical health.
 - c. start an exercise routine.
 - d. decide to improve your lifestyle.

HEALTHCARE AND PERSONAL RESPONSIBILITY

19. The term _____ refers to taking steps to help prevent illness and accidents.

Lesson: Nine Life Skills for Better Health

20. The term _____ refers to skills that will help you deal with the many kinds of situations that you will face throughout your life.

Directed Reading *continued*

THE NINE LIFE SKILLS

- _____ **21.** Using refusal skills means
- a.** avoiding misunderstandings by expressing feelings in a healthy way.
 - b.** dealing with problems and emotions in an effective way.
 - c.** saying no to things that you don't want to do.
 - d.** All of the above
- _____ **22.** Evaluating media messages means
- a.** evaluating each of the four parts of your health.
 - b.** judging the accuracy of advertising and other media messages.
 - c.** practicing good habits, such as getting plenty of sleep.
 - d.** comparing products and services based on value and quality.

23. List the nine life skills.

PRACTICE MAKES PERFECT

- _____ **24.** The best way to master a new life skill is to
- a.** avoid it.
 - b.** practice it.
 - c.** assess your progress.
 - d.** keep a record.

ASSESSING YOUR PROGRESS

25. List three questions you might ask yourself to assess your progress.

MAINTAINING A HEALTHY LIFESTYLE

- _____ **26.** To improve your emotional health, you can
- a.** spend quality time with parents and friends.
 - b.** talk openly about problems.
 - c.** open your mind to new ideas.
 - d.** eat properly, get rest, and exercise regularly.